



GILEAD
COMMUNITY SERVICES, INC

Improving Lives, Building Futures

SUMMER 2023

BALM OF GILEAD

ROAD TO RECOVERY

A RED CARPET RETURN!

The Client Banquet came back after a two-year hiatus and the committee wanted to make it extra special.



Gilead's amazing client banquet planning committee!

The committee chose a Hollywood themed banquet and encouraged everyone to dress to impress. Both clients and staff did just that! Two of our lovely staff members dressed as movie characters from “Dumb and Dumber,” complete with top hats and canes, along with blue and orange suits! We even had a live band play who’s lead singer just happens to be a Program Director here at Gilead!



Gilead Program Director, Matt Fisher, singing with his band, Remove Before Flight.

The committee wanted every detail of the event to reflect the Hollywood theme, including the red carpet and lots of sparkle and shine. Our menu was catered with fine Italian food from a local deli, which everyone enjoyed.

A special moment at the banquet was watching clients receive awards for the hard work they have done over the past year and being recognized for their commitment to being the best version of themselves. Community awards were also given to those who have made a positive impact on Gilead and support our mission.



The evening was complete with Academy Awards and a red carpet!

Over 140 guests attended, which is one of the largest turnouts we have had, and I think that speaks volumes about the dedication and commitment our staff at Gilead have for our clients.

The banquet was truly a special night for all!

By Shanleigh Connors
Residential Program Director,
Gilead Apartment Program

GOOD NEIGHBORS

WE ARE GRATEFUL FOR YOU!

On Sunday, May 21st, we held our *Gilead Gratitude Gathering* to celebrate those in our Gilead community who give their time, talents, and treasures to our mission.

The theme of this year's program was "Meeting the Moment." Since its inception, Gilead has found ways to meet the changing needs of our community. During the program, Dan Osborne, Gilead CEO, held a Q&A with Justin Salvio, Eunice Wiseman, and Candace Crane. Justin spoke to Gilead's expanded addiction services being offered by the Farrell Treatment Center at Gilead's Middletown Outpatient Clinic. Eunice spoke to the new Mental Health Resource Center's (MHRC) connection with Covenant Living, an active senior living community in Cromwell. Since this partnership, the MHRC has been providing drop-in therapy sessions, weekly specialized groups, and mental health first aid trainings. Candace spoke to Gilead's ongoing partnership with the Middlesex County YMCA, where Gilead service navigator, Velma Razor, has been connecting residents with housing assistance, employment assistance, and case management services. All of these partnerships, collaborations, and innovations highlight the ways that Gilead continues to meet the moment.

Our community of donors, families, staff, helpers, fundraisers, volunteers and more have always made Gilead's innovations possible. Thank you for being part of every moment in our past, present, and future!

By Marcella Micillo
Development Coordinator



Dan, Candace, Eunice, & Justin talk about Gilead's innovative community programs.



The annual picnic, held at Gastler Farms in Durham, celebrates all supporters who bring our mission to life.



New members of the Legacy Society, Jane & Lou, splash ripples in our "pond" to symbolize the impact of their gifts.

HAPPY RETIREMENT, DAN!

It's a bittersweet farewell to Dan Millstein, Clinical Department Director at the Farrell Treatment Center.

Dan joined the Farrell family about seven years ago working as an outpatient clinician. Throughout those years, Dan quickly moved up through the agency taking on more supervisory and mentorship roles and then becoming the Clinical Department Director of Addiction Services. Dan was an amazing leader with his ability to connect with anyone, making them feel loved and cared for.

It is hard to say just how many individuals Dan has touched with his generosity and kindness throughout the years,

from clients to staff to families. Dan has always been the first person to offer a smile or put time aside to connect with you to check-in. He always motivated us to be the best clinicians we could be.

I know I will be forever grateful to him and what he has done for Gilead.



Thank you Dan for all you have done for Farrell, Gilead & our community!

Dan will forever be a part of our Farrell and Gilead Family. The impact he has had will live on in all the lives he has touched along the way. Thank you, Dan for all you have done. For not just being a great "boss," but a truly great human!

By Stephanie Fasciano,
Clinical Director,
Farrell Treatment Center

PROGRAM HIGHLIGHTS

ACCESS TO CARE

Thank you to our grant funders who help increase access to mental health care in our community.

Mental illness impacts over 52 million adults in the U.S. Yet, less than half of those individuals seek care due to barriers like inadequate insurance coverage, cost of care, and stigma surrounding mental health. We are proud to be an agency that works to reduce barriers to high-quality mental health care, but we could not do it alone.

Thank you to the **Thomas J. Atkins Memorial Trust Fund**, the **Community Foundation of Middlesex County**, and the **Town of Westbrook** for granting Gilead with funds that subsidize treatment in our Middletown and Chester Outpatient Clinics. Your support helps make mental health care available to more members of our community.

By Emma Russell
Manager of Grants & Community Engagement

CONGRATS, REBECCA!

Rebecca Washington is the most recent recipient of the Doc Wiseman Continuing Education Fund award.

"I'm so grateful for the help this fund provided!" Rebecca, a Clinician at Farrell, traveled to Puerto Rico and Vieques for a 2-week study abroad trip with the University of Connecticut School of Social Work. This program is a long-standing collaboration between UConn and the University of Puerto Rico School of Social Work, which immerses students in the culture of Puerto Rico and its sister island, Vieques.

Every day was jam packed with educational and cultural experiences, which included: meeting with community leaders; visiting the home and studio of renowned artist, Samuel Lind; trying local cuisine; and learning about the history and practices of social work on the island.

"The trip was absolutely amazing! This was one of those life changing experiences," said Rebecca. She learned concepts that she wasn't familiar with in the U.S. and gained insight on how social work differs in Puerto Rico.

Rebecca found she was able to take her experience from working at Gilead and incorporate what she learned on the trip. She is currently working on



Follow Gilead Community Services on social media for updates on funding, events, and agency news.

ADDITIONAL GRANTS AT A GLANCE...

- \$89,050** from the **Department of Public Health** to help fund the replacement of Farrell's roof and replace the side porch
- \$15,000** from **Community Foundation of Greater New Britain** to help fund the replacement of Farrell's roof
- \$15,000** from the **Workers' Compensation Trust** to support Therapeutic Crisis Intervention (TCI) training for staff

a presentation that will center around societal issues in Puerto Rico and how we can apply their methodologies in the U.S. She will be presenting at UConn in September during Hispanic Heritage month, along with three pieces of original art she is creating.

Doc Wiseman dedicated his life to serving those in need of mental health services and had the vision that helped create Gilead. This fund was set up by Doc's family to provide educational opportunities to Gilead's dedicated staff. Rebecca is the 19th staff member to receive the quarterly funding.

By Denise Gable
Director of Development



PROGRAM HIGHLIGHTS

SOBER SOFTBALL: A HOME RUN

This year, one of our staff members at the Farrell Treatment Center approached the Leadership Team with the idea of forming a Farrell/Gilead softball team for Middletown's Sober Softball League. Everyone loved the idea!

The league is made up of men and woman in the community who are in recovery and staying clean and sober. With the help of Gilead's sponsorship, Farrell formed a team made up of former clients who have been successful in continuous long-term sobriety and who still stay connected. Gilead collaborated with the team to create jerseys displaying each players' name and the team name: *The Farrell Warriors*. These were provided at zero cost to the players who are in recovery - the only team in the league to do this! This first season was a great success and we were able to be competitive in a league of teams that have been playing together for years!

Our team played with great enthusiasm, sportsmanship, and fun. The other teams were welcoming and routinely commented on the spirit, camaraderie, morale, and positive vibe of the *Farrell Warriors*. More importantly, each player on the team was able to maintain their sobriety and were provided a great outlet for having fun every Sunday morning. After each game, the players would huddle up placing their hands on top of each other's in the middle of the circle. It was customary after each game for the coach to then say, "there's nowhere I'd rather be on a Sunday morning then right here with you guys." On three, they would all chant: "Warriors". With the loads of encouragement, support, togetherness, and positivity that the team showed, the season was a win!

It was such a smash hit that the Farrell team will be returning this fall and for many years to come!

By Michael Menegus
Recovery Support Specialist, Farrell Treatment Center



The Farrell Warriors on the field making us proud!

RECOVERY & RECONNECTION

When C.W. contacted the Mystic Art Museum, she had no idea what surprise was in store for her!

C.W. grew up in New London and going to the art museum with friends and family. Her father, an artist and musician, was the president of the then Mystic Art Association for 10 years. C.W. was once in possession of her father's artwork, but lost the collection during her struggles with addiction.

"A little birdie told me" to contact the museum to try to reconnect, she says. She called and lo and behold, her dad's painting was on display! C.W. and her case manager, Michelle, took the trip together to see the piece in all its glory.

"It felt amazing!" said C.W. about the experience. Seeing her father's artwork brought back joyful memories of singing with her dad, visiting the museum as a child, and spending time with her friends by the water. While C.W. is unable to reclaim parts of her father's collection, the museum is searching through the archives and will feature more of his artwork in an upcoming video.



C.W. reunited with her father's artwork, "The Tailgate Man (aka Black Bottom Stomp)"

ROAD TO RECOVERY

MENTAL HEALTH RESOURCE CENTER OPEN HOUSE

A dream came to life on a hot summer afternoon as the Mental Health Resource Center staff demonstrated what happens when someone calls, emails, or stops by.

On Wednesday, July 12th the parking lot of the MHRC became a festive fairground for an interactive service navigation simulation. Attendees received a scenario and walked through the activity as Gilead's Service Navigators guided them to the resources they need. Each navigator represented a different service at the Resource Center: Service Navigation, Physical Needs, Mental Health, Community Outreach, and Emotional Self-Care. By the time they finished the exercise, each guest had met with each station and walked away with knowledge on how the MHRC can help them or someone in their lives.

Seeing the MHRC in action has been years in the making. The resource center is a result of a shared vision between board members Fran Ludwig and Russ and Leslie Hassmann, who understand the difficulties of finding support through this complex system. Now, anyone can find support and comfort knowing that the MHRC is just one call away!

Now that so many staff, clients, and community members understand service navigation, the MHRC has a crew of ambassadors who can share this amazing resource with friends, family, and anyone who could use the support.

OUR OWN COMMUNITY CHAMPION

The Northern Middlesex YMCA named Gilead's Velma Razor as this year's Community Champion.

Velma, a Service Navigator at Gilead's Mental Health Resource Center (MHRC), was honored with this prestigious award for the work she does in the community. In her role at the MHRC, Velma works closely with the YMCA to connect residents to resources like mental health care, benefits enrollment, and basic needs assistance. She is an invaluable resource to our community, and an important ambassador for Gilead.

In her own words, "Work hard in silence, let your success be your noise."



The MHRC Team



Fran, Russ, and Leslie, Board Members and visionaries



Middletown Mayor, Ben Florsheim, learns about Service Navigation



Congratulations Velma!



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UPCOMING EVENTS

**18th Annual
Quizine for a Cause!
Nov. 5th**



WISH LIST

- Toothbrushes & toothpaste
- New socks
- Soap
- Keyboard or other small musical instruments
(recorders, egg shakers, etc.)
- Kitchen items
- Small kitchen appliances
- E-readers/tablets

**Please contact Marcella Micillo at
475-321-2735 or mmicillo@gileadcs.org if you
wish to donate or contribute an item from the
wish list.*

Gilead Community Services is funded in part by



Most of Gilead Community
Service programs are
CARF-accredited

